

STV Triengen

Trainingsplan 2026

1. Quartal

| Januar | | | | Trainingsbeginn | | | | Februar | | | | Trainingsbeginn | | | | März | | | | Trainingsbeginn | | | |
|--------|-----|-------------------------------|--|--------------------------------|--|---------------------------|--|---------|-----|------------------------|-------|--------------------------------|--|----|-----|------------------------------|--|--|--|-----------------|--|--|--|
| 1 | Do. | Neujahr | | | | | | 1 | So. | | | | | 1 | So. | | | | | | | | |
| 2 | Fr. | Bercholdstag | | | | kein Training | | 2 | Mo. | Training 3 | | | | 2 | Mo. | Training 3 | | | | 20.15 | | | |
| 3 | Sa. | | | | | | | 3 | Di. | Beginn Wettkampfphase | 20.15 | | | 3 | Di. | Training 1 | | | | 20.15 | | | |
| 4 | So. | | | | | | | 4 | Mi. | | | | | 4 | Mi. | | | | | | | | |
| 5 | Mo. | Training 3 | | 20.15 | | | | 5 | Do. | | | | | 5 | Do. | | | | | | | | |
| 6 | Di. | 1. Quartalsversammlung | | obligatorisch | | | | 6 | Fr. | Training 2 | | 20.15 | | 6 | Fr. | Training 2 | | | | 20.15 | | | |
| 7 | Mi. | | | | | | | 7 | Sa. | | | | | 7 | Sa. | | | | | | | | |
| 8 | Do. | | | | | | | 8 | So. | | | | | 8 | So. | | | | | | | | |
| 9 | Fr. | Jassmeisterschaft | | gem. separatem Programm | | | | 9 | Mo. | Training 3 | | 20.15 | | 9 | Mo. | Training 3 | | | | 20.15 | | | |
| 10 | Sa. | | | | | | | 10 | Di. | Training 1 | | 20.15 | | 10 | Di. | Training 1 | | | | 20.15 | | | |
| 11 | So. | | | | | | | 11 | Mi. | | | | | 11 | Mi. | | | | | | | | |
| 12 | Mo. | Training 3 | | 20.15 | | | | 12 | Do. | Schmutziger Donnerstag | | | | 12 | Do. | | | | | | | | |
| 13 | Di. | Training | | 20.15 | | Training mit Old Boys | | 13 | Fr. | | | kein Training | | 13 | Fr. | Training 2 | | | | 20.15 | | | |
| 14 | Mi. | | | | | | | 14 | Sa. | | | | | 14 | Sa. | | | | | | | | |
| 15 | Do. | | | | | | | 15 | So. | | | | | 15 | So. | Osterhasen Cup Getu, Büron | | | | | | | |
| 16 | Fr. | Training | | 20.15 | | FTA | | 16 | Mo. | | | kein Training | | 16 | Mo. | Training 3 | | | | 20.15 | | | |
| 17 | Sa. | | | | | | | 17 | Di. | | | kein Training | | 17 | Di. | Training 1 | | | | 20.15 | | | |
| 18 | So. | | | | | | | 18 | Mi. | | | | | 18 | Mi. | | | | | | | | |
| 19 | Mo. | Training 3 | | 20.15 | | | | 19 | Do. | | | | | 19 | Do. | | | | | | | | |
| 20 | Di. | Training | | 20.15 | | Tanzkurs Auffrischung SSB | | 20 | Fr. | Training 2 | | 20.15 | | 20 | Fr. | Training 2 | | | | 20.15 | | | |
| 21 | Mi. | | | | | | | 21 | Sa. | Skiweekend | | gem. separatem Programm | | 21 | Sa. | | | | | | | | |
| 22 | Do. | | | | | | | 22 | So. | Skiweekend | | gem. separatem Programm | | 22 | So. | | | | | | | | |
| 23 | Fr. | Training | | 20.15 | | Bowling GYG | | 23 | Mo. | Training 3 | | 20.15 | | 23 | Mo. | Training 3 | | | | 20.15 | | | |
| 24 | Sa. | | | | | | | 24 | Di. | Training 1 | | 20.15 | | 24 | Di. | Training 1 | | | | 20.15 | | | |
| 25 | So. | | | | | | | 25 | Mi. | | | | | 25 | Mi. | | | | | | | | |
| 26 | Mo. | Training 3 | | 20.15 | | | | 26 | Do. | | | | | 26 | Do. | | | | | | | | |
| 27 | Di. | Training | | 20.15 | | GETU | | 27 | Fr. | Training 2 | | 20.15 | | 27 | Fr. | Training 2 | | | | 20.15 | | | |
| 28 | Mi. | | | | | | | 28 | Sa. | | | | | 28 | Sa. | Spieltturnier Jugl, Wolhusen | | | | | | | |
| 29 | Do. | | | | | | | | | | | | | 29 | So. | | | | | | | | |
| 30 | Fr. | Training | | 20.15 | | SR | | | | | | | | 30 | Mo. | Training 3 | | | | 20.15 | | | |
| 31 | Sa. | | | | | | | | | | | | | 31 | Di. | Training 1 | | | | 20.15 | | | |

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| Training 1 (Dienstag) 20.00 Uhr selbständig einlaufen 20.15 Uhr SR, SSB, STH 20.50 Uhr BA, TAE 21.25 Uhr GYG, FTA | Training 2 (Freitag) 20.00 Uhr selbständig einlaufen 20.15 Uhr SR, SSB, STH 20.50 Uhr GYG, FTA 21.25 Uhr BA, TAE | Training 3 (Montag) 20.15 Uhr GK -21.30 Uhr |
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